

# 101 THINGS TO DO WITH A PERSON WITH ALZHEIMER'S OR DEMENTIA

1. Clip Coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud
7. Bake cookies
8. Look up names in the phone book
9. Read the daily newspaper out loud
10. Ask someone with a child to visit
11. Listen to Polka music
12. Plant seeds indoor or out
13. Look at family photos
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints
20. Have a spelling bee
21. Read from Reader's Digest
22. Fold clothes
23. Have a friend visit with a calm pet
24. Cut pictures out of greeting cards
25. Wash silverware
26. Bake homemade bread
27. Sort objects by shape or color
28. Sing old songs
29. "Tell me more" when they talk about a memory
30. Put silverware away
31. Make a Valentine collage
32. Play favorite songs and sing
33. Take a ride
34. Make a cherry pie
35. Read aloud from a magazine
36. Play a game
37. Make a basket of socks
38. Take a walk
39. Reminisce about 1<sup>st</sup> day of school
40. String Cheerios, hang outside for birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitals
51. Make a family tree poster
52. Color a picture of our flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horse shoes
58. Dance
59. Sing favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Pop popcorn
66. Name the Presidents
67. Give a manicure
68. Make paper butterflies
69. Plant a tree
70. Make a May basket
71. Dress in your favorite football team's colors
72. Make homemade applesauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with play dough
76. Look at pictures in National Geographic
77. Put a puzzle together
78. Sand wood
79. Rub in hand lotion
80. Decorate paper place mats
81. Arrange fresh flowers
82. Remember famous people

## **101 THINGS TO DO WITH A PERSON WITH ALZHEIMER'S OR DEMENTIA (CONT.)**

83. Straighten out underwear drawer
84. Finish Nursery Rhymes
85. Make peanut butter sandwiches
86. Wipe off patio furniture
87. Cut up used paper for scratch paper
88. Take care of fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions
91. Finish Bible quotes
92. Paint with string
93. Cut out pictures from magazines
94. Read classic short stories
95. Put coins in a jar
96. Sew sewing cards
97. Put bird feed out for the birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Roll yarn into a ball
101. Make a birthday cake

(From the Columbia, Missouri Chapter of the Alzheimer's Association)